



Seconds from Safety

Take a few seconds to think about JOB HAZARDS

One great tool to help create a safe work site is Field Level Risk Assessment or Job Hazard Analysis. Whatever you want to call it, it's a great mechanism to get you to stop and think about the different risks associated with the task ahead.

Crews can gather and talk it through or jot down ideas on paper ahead of time.

This exercise greatly reduces the number and severity of injuries and it's easy to do yourself. Simply take a five-seconds before starting a new or familiar task.

Refocusing on a specific task has been shown to reduce the probability of an injury incident by more than 90% versus not taking a few seconds.

How hard is that? You may have done the task you are about to perform thousands of times before. In your mind, you know that you could do it with your eyes closed.

It is usually not the task itself but some small thing you did not anticipate that causes the incident like...

- You thought the rain from thunderstorm earlier in the day had dried up and as you dismount the machine didn't realize that there was water on the machine and you slip.
- You did not notice some debris was left in the cab of the truck from the person who used it last and you step on the brake and a bottle gets trapped between the brake pedal.
- You did not realize how heavy a piece is that you were asked to help carry and as you lift you tweak your back.

It is easy to imagine the different activities we do every day and how this applies. Take a few minutes to discuss 1 topic for a job hazard you may face today or one from the list above.

Just getting into a vehicle or a machine...

Change your thinking from where you are going

to focusing on a QUICK LOOK— 5 seconds to look around to assess the situation: CHECK...Road Conditions, Clean Cab, other Vehicles on the Road or in the area, Site Conditions and so on.

That quick look is the "reset" you are only seconds from safety.



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Toolbox Talks are provided as a courtesy to SWPA members. Please remember they are to assist you in developing a safety plan. Keep in mind OSHA, Department of Labor and Insurance requirements may change over time and it is your responsibility to make sure your safety plan is up to date. Reference: OSHA, NIOSH, FRA, Safety Talk Ideas.com



